

August 2014

▶ -WELLNESS CENTER
UNDER NEW MANAGEMENT
-UPS 5K.....1

▶ -GET FIT TO SUCCEED
-NUTRITION TIPS
-TAKE A BREAK FROM THE
BLUES2

▶ -FALL FOOTBALL
CHALLENGE
-WAYS TO MAKE
WORKOUTS FUN
-ACTIVE EVENTS3

Wellness *Miami-Dade County*

PROVIDING EMPLOYEES WITH THE LATEST FITNESS AND WELLNESS NEWS, PROGRAMS AND EVENTS

Miami-Dade County Employee Wellness Center Under New Management

We are excited to welcome Aquila Health and Fitness Solutions as the new operator of the Miami-Dade County Employee Wellness Center. A new management company means new, exciting, fun and innovative programs, events and seminars for Wellness Center members and Miami-Dade County employees.

Over time, with their experienced guidance and support, we hope to expand the offerings of the Fitness Center with a variety of health, fitness and wellness programming to all of our employees throughout Miami-Dade County.

Aquila operates corporate wellness programs and centers for a variety of clients, including the U.S. Department of Homeland Security, the U.S. Department of Transportation, Federal Aviation Administration, and Carnival Cruise Lines.



UPS 5K

Join your fellow runners, joggers and walkers on Saturday, September 6th at 7:30am for the UPS 5K Benefiting the United Way of Miami. The race starts and ends at the City of Coral Gables Historic City Hall with a festive post-race party at Merrick Park. In addition to burning off some calories you will be able to enjoy massages, music, food and lots of fun. [Register](#) today using the Miami-Dade County Wellness Works code: MDCWW.



This newsletter is produced by the Miami-Dade County Employee Wellness Center



Get Fit to Climb the Corporate Ladder

A healthy lifestyle may be more critical to your climb up the corporate ladder than you thought. Sacrificing your health and fitness so you can put in more hours at the office might actually backfire. Even the most devoted employees will experience diminished health if they are totally consumed with work.

Being fit and healthy gives you the stamina and the resiliency needed to perform your best. On-the-job accidents and low productivity are more likely if you are out of shape and tired. The Perrier Survey of Fitness in 1997 found that employees with a strong commitment to fitness felt less

tired, more relaxed, more self-confident and more productive.

Make time to exercise moderately (two or three times per week), eat well, and get plenty of sleep to help maintain your health. Even though it seems counter-productive to your career to take a break and go for a jog, caring for yourself will payoff in more ways than one. Better job performance, clearer thoughts, more creativity, and improved problem-solving skills all translate to better earning power throughout your career.



A recent study by researchers at Marshfield Clinic in Wisconsin has confirmed that women who frequently take vacations are less likely to become tense, depressed or tired and are more satisfied with their marriages. Researchers studied 1,500 women and compared psychological stress, quality of marital life, and disruptive home life due to work.

Ladies, Take a Break from “The Blues”

Nearly one in five participants reported taking only one vacation in six years.

Not surprisingly, the odds of tension increased among women who took vacations once a year, once in two to five years and once every six years, compared to women who took vacations twice or more per year. Marital satisfaction also decreased as the frequency of vacations decreased.

Use your vacation time!

You owe it to yourself, your marriage and your family to take some time off to relax and regroup. Even if you can't afford to go away on a trip, simply getting away from work for a week and having some fun close to home will rejuvenate your spirit. You can't perform at your peak if you are run down and depressed. Refresh yourself with a holiday, then go back to work—ready to tackle the world.

NUTRITION: 3 Tips to Enjoy What and How You Eat



1. Eat for Pleasure

A healthy eating plan will include “indulgences” every now and then and you shouldn't feel guilty about eating the foods you love. Comfort foods are examples of how closely tied emotions are to our eating habits. So if you find comfort in a high-fat treat, don't view it as something “bad,” take extra time to sit down and really enjoy it.

2. Eat with Family and Friends

Mealtime conversation brings the family together, promotes self-esteem in children and starts a lasting and positive relationship with food. You can also include your family in meal planning and preparation. Kids are more likely to try new foods when they are involved in meal preparation.

3. Consider Satiety

Eat balanced meals that are satisfying by choosing nutrient-rich foods from all five food groups. A balanced meal or snack consisting of carbohydrate, protein and fat gives you energy, prevents a drop in blood sugar, keeps you satisfied for several hours and sustains energy.

Are You Ready for Some Football?



Fall Fitness Football Challenge

What: Physical Activity Challenge

Who: All Employees

Starts: Monday, Sept. 1

Duration: 6 Weeks

Join the Employee Wellness Center in their kickoff to health and wellness with a Fall Football Challenge. Starting Monday, September 1.

Your goal will be to complete cardiovascular, resistance and flexibility exercises to gain yardage and advance down the field.

Each participant will be given a scorecard where they can keep track of their physical activity. All activity will be converted into yardage and move you further in the competition. The top 3 winners will receive a prize.

For more information or to sign up: Visit the Wellness Center, call 305-375-5797 or email employeehealthcenter@miamidade.gov

Ways to Make Your Workout Fun

Find a Workout Buddy

Working out with others may give you the motivation you need. It's hard to skip a workout when a buddy is expecting you to show up. A partner is also great motivation to take your fitness to the next level. It's that person in your ear encouraging you to lift one more rep or run one more mile.

Add Variety to Your Workouts

You don't always have to have a grueling workout. It's better to get some activity than none at all. So if you're feeling lazy or bored, keep it simple and get creative. For those of you who are dedicated to your sport, it's time to try something new.

- **If you're a runner**--switch up your routes, enjoy the scenery instead of watching the clock, try a spin class, run in the pool, or weight train.

- **If you're a cyclist**--take a spin class, go for leisure rides once in awhile, weight-train to strengthen those quads, join group rides, mountain bikers should take their training to the road; road bikers should take their training to the trails.

- **If you're a swimmer**--try other water activities like water polo, kayaking, snorkeling, running in a pool, surfing or kite boarding.

Set a Goal for Each Workout

Decide what you want to accomplish before you work out and stick to it. Setting a goal can make your workouts fun because it gives you something to strive for. It's rewarding to be able to push past what you thought you were capable of.

Active Events: August/September

La Rooottaaa Mt. Biking #6 FINAL

Sunday, August 17
Amelia Earhart Park
Hialeah, FL

worksmartplayharder.com

Bark at the Park - Dog Run 5K

Saturday, September 20
Amelia Earhart Park
Hialeah, FL

worksmartplayharder.com

Mack Cycle Triathlon Trilogy #3

Sunday, August 17 and September 14
Virginia Key
Key Biscayne, FL
triathlontrilogy.com

Foam Glow 5K

Saturday, September 20
Homestead-Miami Speedway
Homestead, FL
foamglow.com

Are you acquainted with the County's Worksite Wellness Program "WW" events and activities?

The Program is endorsed by Mayor *Carlos A. Gimenez*' Office under delegated authority to Deputy Mayor *Russell Benford*. The WW Program is coordinated through *Dennys E. Gonzalez*, from the Internal Services Department, who channels information to every County department through designated *Wellness Liaisons*. To find out who your department liaison is please visit [this link](#). Under its tagline "**Wellness Works**" and the blue "**W**" identifier the County's WW Program aims to engage employees on the benefits of maintaining a healthy lifestyle through educational activities, "health & wellness fairs" and ad-hoc department-level initiatives. Our goal is to join forces with existing employee-benefit resources and in-kind services from several County departments to bring information, resources and opportunities to all Miami-Dade County Employees and to lead a healthy lifestyle that promotes responsible individual choices. For related events and WW information visit <http://www.miamidade.gov/mayor/wellness.asp>. Feel free to contact wellnessworks@miamidade.gov for more information.